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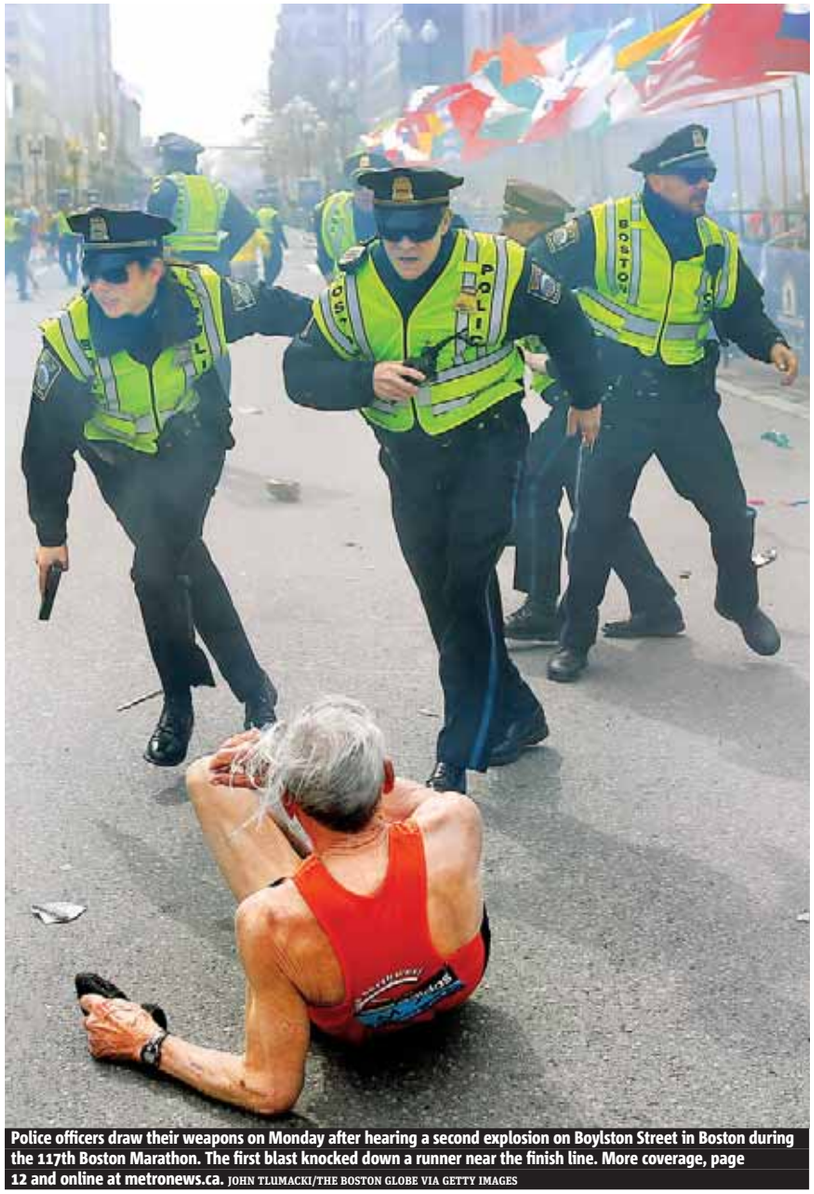

Police officers draw their weapons on Monday after hearing a second explosion on Boylston Street in Boston during the 117th Boston Marathon. The first blast knocked down a runner near the finish line. More coverage, page 12 and online at metronews.ca. JOHN TLUMACKI/THE BOSTON GLOBE VIA GETTY IMAGES

CASINO: GOOD BET OR BAD?

AS MAYOR ROB FORD PLAYED POLITICAL FOOTBALL WITH PEOPLE ON BOTH SIDES OF THE CASINO ISSUE, METRO CONSULTED WITH EXPERTS ON CASINOS AND GAMBLING PAGES 3, 4 & 5

NEWS WORTH SHARING.

'We heard these two huge bangs'

Boston Marathon horror. Torontonians witness the aftermath of deadly twin bombings

Marathon runner Rhonda-Marie Avery, who is legally blind, was supposed to be greeted by her husband and three children at the Boston Marathon finish line on Monday.

Instead, a deadly bomb attack left her family searching for her in a haze of dust and burnt plastic, while she was held in lockdown with other terrified runners at a nearby church.

Avery, 34, of Port Hope, is one of hundreds of Ontarians who were caught in the tragedy that killed at least three people and left more than 100 injured. More than 200 Toronto runners and more than 2,000 Canadians were in Boston for the race.

As it turned out, Avery's husband, Rick, was in a nearby mall buying flowers for his wife — who was about eight kilometres from finishing the marathon — when the blasts went off. He said patrons began to panic and run out of the shaking building.

"It was basically pandemonium," he said. "My youngest ended up on the floor."

He and his three children went in search of Avery, but were told by police to return to their lodging. His wife finally texted to let him know she was safe and had been taken by bus to the church.

Toronto runner Jean-Paul Bedard had finished the race and was walking with his wife to a restaurant about 300 metres from the finish line when the blasts went off.

"We heard these two huge bangs in quick succession. We thought the stadium stands had fallen down," he said. "Then we could see the smoke and everyone screaming and running from the site."

But in the true spirit of the marathon, at least one runner was not to be discouraged. Late Monday, Avery began a journey of seven kilometres on foot to reunite with her family.

"She's running home. She's finishing the marathon regardless," her husband said.

TORSTAR NEWS SERVICE/ WITH FILES FROM THE CANADIAN PRESS

Is Toronto Marathon safe?

- Jay Glassman, race director of the GoodLife Fitness Toronto Marathon, said he plans to speak to police on Tuesday about security measures for the May 5 event, expected to draw 14,000 runners.
- Mayor Rob Ford said the city is working to ensure all upcoming public events are "as safe and secure as possible."
- Ford said police Chief Bill Blair told him there is "no unusual threat information regarding Toronto."

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Fraud

Scam uses fake bills coated in black

The public is being warned to steer clear of a scam in which fraudsters use counterfeit bills coated in a black substance to dupe their victims.

In a recent case, Toronto police say a victim took out a real-estate ad for the sale of a commercial property and was contacted by five men who said they had a large sum of money coming in from South Africa.

The money itself was covered in a dark coating and police say the victim was told to cover the cost of cleaning the bills while being promised more cash.

Police say the victim lost about $450,000.

Herman Fankem, 32, of Montreal, has been charged with fraud over $5,000.

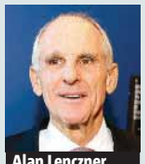
THE CANADIAN PRESS

Supreme Court

Ford's lawyers want appeal refused

Lawyers representing Rob Ford have asked the Supreme Court of Canada to let the mayor's appeal victory stand.

The conflict-of-interest lawsuit against Ford "does not raise legal questions of public or national importance," lawyer Alan Lenczner argues.



Alan Lenczner
TORSTAR NEWS SERVICE

Lawyer Clayton Ruby has asked the top court to hear a final appeal on the case. The court is likely to make its decision by this summer. TORSTAR NEWS SERVICE

A football is thrown to Mayor Rob Ford by a casino opponent, who said that the casino issue is a political football, as the executive committee listens to deputations on Monday. STEVE RUSSELL/TORSTAR NEWS SERVICE

'The waffling is over' on casino, mayor says

Executive committee. Ford says he won't stop fighting for downtown gambling complex despite public opposition at meeting

Nevada-based casino giants urged Mayor Rob Ford to take a multibillion-dollar gamble. A 90-year-old grandma told him, in rhyme, to "just say no."

But Ford didn't wait for any of the dozens and dozens of public deputations to his executive committee to declare he won't stop pushing for a downtown casino — right to the 2014 election, if city council refuses to heed him now.

"The waffling is over," Ford told a rally of pro-casino union members Monday morning, before the start of a two-day meeting that saw public deputations cut off at 8 p.m. Monday.

"We know which way we're going, our team does. Now, the other councillors — it's either no or yes. And if it's a yes, (tell them) thank you very much, appreciate the support for creating 10,000 good-paying jobs.

"And if it's a no, then I guess that becomes an election issue."

The committee is hearing the public response to city manager Joe Pennachetti's report, which did not recommend that Toronto welcome a casino but listed 43 conditions that council should impose if it chooses that option.

In the majority were individuals including Joy Taylor, who told the 13 committee members: "The city shouldn't profit on a gambler's woe. Please heed this old lady and just vote no," to laughs from Ford and the others.

"I don't want to threaten," she added, "but I've been known to haunt."

Grassroots group No Casino Toronto, developers, and neighbourhood groups representing residents and merchants also urged councillors to slam the door on a downtown casino-anchored resort.

The small minority of pro-casino comments came from Nevada-based operators vying for the opportunity, labour groups who say the resort could generate thousands of jobs, and tourism-industry representatives. TORSTAR NEWS SERVICE

MORE COVERAGE, PAGES 4 & 5

Watch your step

- Mayor Rob Ford asked no questions of deputants and seemed intent on moving the process along. At lunch, Ford was talking to reporters while striding quickly away from the committee room when a Citytv cameraman walked backward into a wall and the mayor walked face first into the camera.
- "Ah, f--- man, holy Christ," the mayor said, grabbing his head. "Have some respect — you just hit me in the face with a camera."

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The science of slot machines

Gambling addiction. As Toronto wrestles with the casino question, here is what experts say about the issue and the impact of being in 'the zone'

JESSICA SMITH
jessica.smith@metronews.ca

Human beings, like rats in a lab, are programmed to seek rewards, which means we react when a slot machine tells us we've won — we sweat, the heart rate briefly slows.

"It goes back to fundamental psychology, the same as rewarding pigeons or dogs in a lab; it really works," said Kevin Harrigan, who runs the Gambling Research Lab at the University of Waterloo. "When you do something — in this case push the button — and you frequently get some kind of reward, it makes you want to do that activity."

The research lab is investigating why slot machine gambling causes more harm than other forms of gambling. According to the lab, problem gamblers account for 60 per cent of slot machine revenue in Ontario; about $1.8 billion annually.

One of the major factors is the speed of slot machine gambling and the frequency of "wins," said Harrigan. Players will do 600 spins an hour, with many of them registering as a "win" even as the player loses money.

"Usually when you win it's actually a loss," he said, explaining that many machines will signal with lights and sound that a partial payout of, for example, 20 cents on a dollar bet is a win, even though the person lost money.

"Even if mentally they know it was a loss, their body still reacts to it as win," he said.

Then there are the "near wins," where the result is almost a jackpot but not quite — for example, two of three "7s" and a third just off the line. In Ontario, slot manufacturers are allowed to create machines where near-wins occur more than is statistically probable, he said.

Casino industry professionals browse through the newest slot machines on display at the Global Gaming Expo last October in Las Vegas. An Ontario research lab is investigating why slot machine gambling causes more harm than other forms of gambling. JULIE JACOBSON/THE ASSOCIATED PRESS

Not playing to win?

"It really surprised me because people always assume that if people are gambling persistently that it must be that they think they can win. But over and over, people suggested to me that they were gambling not because they had hopes of winning, but to get into 'the zone' and stay there."

MIT professor Natasha Dow Schüll, who interviewed problem gamblers at slot machines in Las Vegas

"Players are reacting to these stronger than regular wins, because regular wins are quite small and these near wins are always almost the big win, or the jackpot," said Harrigan.

Despite the allure of the "big win," when MIT professor Natasha Dow Schüll interviewed problem gamblers at slot machines in Las Vegas she heard over and over that instead of being overjoyed when they win big, they're annoyed.

"It really surprised me because people always assume that if people are gambling persistently that it must be that they think they can win," said Schüll. "But over and over, people suggested to me that they were gambling not because they had hopes of winning, but to get into 'the zone' and stay there."

Schüll's research, published in her book Addiction by Design: Machine Gambling in Las Vegas, turns conventional thinking about gambling addiction on its head.

"'The zone' is a place where time falls away, space falls away, you forget about your everyday worries, you forget the sense of your body, in extreme cases," she said.

Winning big — when the sirens blare, the lights flash and the play stops — irritated the gamblers because it broke the flow of their game, bringing them back to reality.

"Really what they were after was that state of the repetitive, numbing, trance-like zone, not the excitement, the thrill and the hope of winning," she said.

Schüll argues that seeking "the zone" isn't unique to problem gamblers, just more extreme in those with gambling addictions. She said there is a gambling industry-wide shift away from a corporate model based on "play to win" gambling to a model based on the zone.

Like Harrigan, she points to the way digital slot machines are built for the speed and continuity of play and encourage players to spend a lot of time at the machine, piling up small "wins" while losing a steady flow of money.

"Nothing too different is happening and you're getting the same rewarding signals of winning, even through you're steadily losing," she said.

As for the decision about casinos and slot machines facing Toronto city councillors, Schüll warned about the impact of convenience gambling on the host community.

"It has been shown that with convenience gambling — the big slot barn that's not a very diversified destination-resort but basically just more machines — you're not creating jobs, you're just creating a gambling market that appeals to local players," she said. "The research has continued to show that that model has the worst outcomes in terms of social ills like problem gambling."

Harrigan said slot machines that come with casinos are his biggest concern when it comes to the expansion of gambling, but the addition of slot-like electronic gaming machines being added to new bingo halls is also concerning.

Ontario has 300,000 problem gamblers: CAMH

Dealers work the tables at Casino Rama, Ontario's largest casino, in Orillia in this file shot. About 300,000 Ontarians have a moderate to severe gambling problem, according to the Centre for Addiction and Mental Health.
THE CANADIAN PRESS

JESSICA SMITH
jessica.smith@metronews.ca

About 300,000 Ontarians have a moderate to severe gambling problem, which in turn affects the lives of those closest to them — about three million people, according to the Centre for Addiction and Mental Health.

Robert Murray, manager of the CAMH Problem Gambling Project, said research into gambling addiction shows there are many different ways people become addicted and many different types of gambling addictions.

Some people develop problems because they have an early win and they develop "cognitive distortions" in which they believe they have a special skill of beating the system, he said.

For others, gambling becomes a way to escape their problems.

Some have a biological predisposition to gambling — for example, some people with hyperactivity and/or attention deficit disorder find the speed and play of a slot machine calming.

"There are older people gambling in response to grief and younger people who buy into the dream of becoming a professional poker player," Murray said.

When it comes to the decisions Toronto has to make about casinos in the city, Murray says councillors should keep in mind the more accessible gambling is, the more people are likely to gamble and the more people are likely to develop a problem.

The same applies to the recent news that the Ontario Lottery and Gaming Association plans to launch an online gaming site. "We're concerned that a good portion of our citizens who don't gamble online now are going to, because they've got a legal, government-sponsored alternative," he said.

The majority of calls to the Ontario Problem Gambling Helpline are related to problems with slot machines, but people report problems with all kinds, he said.

"If there's something that involves gambling, some people are going to become problematically involved," he said.

Quoted

"The gambling industry promotes gambling as an attractive thing to do and have designed an environment to get people gambling and keep people gambling."
Robert Murray, manager of the CAMH Problem Gambling Project

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Hockey ref violated me 1,000 times, man insists

A 51-year-old Toronto man continues to insist, under cross-examination, that he was sexually abused more than 1,000 times between the ages of six and 12 by a minor hockey referee who had befriended his family.

"Over 1,000 times, with nary a witness," defence lawyer Richard Allman suggested Monday.

The complainant, who cannot be named, agreed.

The recovering drug and alcohol addict has testified Michael Dimmick was a minor hockey referee when he befriended his father, a coach, and fondled and performed oral sex on the boy three to five times a week over six years.

Dimmick, 75, has pleaded not guilty in Ontario Superior Court to 12 counts of indecent assault and two of buggery involving four boys between 1968 and 1978.

The trial continues.
TORSTAR NEWS SERVICE

On the web

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Michael Dimmick is on trial for alleged buggery and sex assault in the late 1960s to mid-1970s. PETER SMALL/TORSTAR NEWS SERVICE

East Jerusalem meeting. Palestinians protest Baird's 'deplorable step'

Palestinian anger over Foreign Affairs Minister John Baird's controversial meeting with an Israeli cabinet minister in East Jerusalem mounted Sunday with the Palestinian Authority making a formal protest to the Canadian envoy.

Baird met last Tuesday with Justice Minister Tzipi Livni, who is also Israel's chief negotiator with the Palestinians, in the disputed territory, which the Palestinians and the United Nations consider occupied land.

The Palestinian Foreign Ministry said it summoned Katherine Verrier-Frechette on Sunday "to express its strong dissatisfaction" over the meeting.

The Palestinian official in charge of American affairs, Hosni Abdul Wahid, called Baird's meeting "a deplorable step."

Baird has defended his action, saying where he has coffee with someone is "irrelevant" to the larger discussion of Middle East peace and does not signal a shift in Canadian foreign policy. THE CANADIAN PRESS

Syria

U.K. urges chemical weapons probe

The U.K. is increasingly concerned there is evidence that chemical weapons have been used in Syria, Britain's foreign secretary said Monday.

William Hague said such allegations must be urgently investigated, telling British lawmakers that he is urging President Bashar Assad's Syrian regime to co-operate fully and allow UN investigators unfettered access to all areas.

The United Nations says more than 70,000 people have been killed in Syria's two-year civil war and over one million have fled the country. THE ASSOCIATED PRESS

Chinese vessel's crew face poaching charges

Philippines. 10,000 kg of protected scaly anteater seized aboard boat that hit coral reef

A Chinese vessel that ran into a protected coral reef in the southwestern Philippines held evidence of even more environmental destruction inside: more than 10,000 kilograms of meat from a protected species, the pangolin or scaly anteater.

The steel-hulled vessel hit an atoll on April 8 at the Tubbataha National Marine Park, a UNESCO-designated World Heritage Site on Palawan island. Coast guard spokesman Lt. Cmdr. Armand Balilo said Monday that 400 boxes, each containing 25 to 30 kilograms of frozen pangolins, were discovered during a second inspection of the boat Saturday.

The World Wide Fund for Nature Philippines said the Chinese vessel F/N Min Long Yu could have been carrying up to 2,000 of the toothless, insect-eating animals, with their scales already removed.

"It is bad enough that the Chinese have illegally entered our seas, navigated without boat papers and crashed recklessly into a national marine park and World Heritage Site," said WWF-Philippines chief executive officer Jose Ma. Lorenzo Tan. "It is simply deplorable that they appear to be posing as fishermen to trade in illegal wildlife."

The boat's 12 Chinese crewmen are being detained on charges of poaching and attempted bribery while more charges are pending.

The meat and scales of the pangolin fetch hundreds of dollars per kilogram in China, where many believe they cure various ailments. THE ASSOCIATED PRESS

An officer of the Philippines Coast Guard displays just one of the pangolins seized aboard a Chinese fishing vessel. THE ASSOCIATED PRESS

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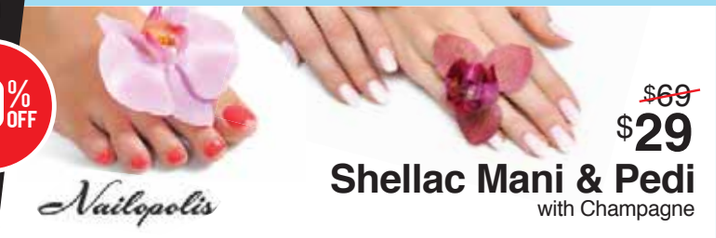

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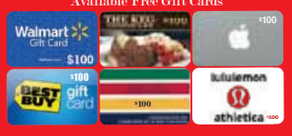

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Indian children rest on Monday at a malnutrition-rehabilitation centre run by a non-governmental organization in Mumbai. A UNICEF reports says the country with the largest number of stunted children was India with 61.7 million, or 48 per cent of all Indians under age five. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

UNICEF says 165M children stunted

Report. 24 countries with the highest levels of malnourished kids are in sub-Saharan Africa and South Asia

The United Nations Children's Fund says more than a quarter of children under the age of five worldwide are permanently "stunted" from malnutrition, leaving them physically and intellectually weak and representing a scandalous waste of human potential.

Anthony Lake, executive director of UNICEF, said organized provision of vitamins and clean water and a focus from birth on breastfeeding could have helped these 165 million children achieve normal brain and body development. But their lack of proper nutrition means instead they will suffer increased vulnerability to illness and early death.

Quoted

"You can fix being underweight. You can't fix being stunted."

Anthony Lake, executive director of UNICEF. Lake was national security adviser to president Bill Clinton in the 1990s.

"Stunted doesn't mean simply short," Lake said. "The child's brain never properly develops. Irrevocably. That's it. You can't fix it later."

The UN report found that 24 countries with the highest levels of stunted children were concentrated in sub-Saharan Africa and South Asia. More than half of those under age five in Timor-Leste, Burundi, Niger and Madagascar suffered from stunting.

Lake said the problem of stunted child development was growing in Syria because of its civil war and widespread disruption to medical care, schools and family life. THE ASSOCIATED PRESS

Gitmo hunger strike

Motion denied

A U.S. judge Monday denied an emergency motion for relief filed by a Guantanamo Bay prisoner on a hunger strike, despite pleas from the man's lawyer who says his client is dying. THE ASSOCIATED PRESS

Mexico's drug war

New spin

The Mexican government is trying to put a new linguistic spin on the country's drug war, in part by discouraging the use of terms such as "drug war." THE ASSOCIATED PRESS

UN. Rwanda keeps ICC out of African affairs

Rwanda won a behind-the-scenes battle Monday to keep the UN Security Council from recommending any role for the International Criminal Court in solving conflicts, violence and human-rights abuse in Africa.

Council statements must be adopted unanimously, and Rwanda blocked consensus.

Rwanda is angry that the ICC has indicted Bosco Ntaganda and Laurent Nkunda, M23 rebels in eastern Congo, who are reported to be backed by Rwandan President Paul Kagame.

Analysts have speculated that Kagame may not want to see Ntaganda testify because of his knowledge of military deals and illicit mineral extractions between Congo and Rwanda. THE ASSOCIATED PRESS

Rwandan-born warlord Bosco Ntaganda. POOL/THE ASSOCIATED PRESS

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Ashley Smith

Choking herself made teen 'feel good,' inquest told

In her testimony at an inquest into Ashley Smith's prison death, psychologist Cindy Presse told jurors that Smith became highly addicted to choking herself.

"She was quick to say, 'It's not sexual, Cindy,'" Presse testified. "She said it just made her feel good."

Presse also told jurors that at a meeting in late February 2007, a visiting Coralee Smith, Ashley Smith's adoptive mother, made it clear she would not talk about her adoptive daughter's parentage.

She said that staff at the Regional Psychiatric Centre in Saskatoon believed it vital for Smith to have the family issue in the open, but Smith refused.

THE CANADIAN PRESS

Bullying suicide

N.S. to launch review of Rehtaeh Parsons case

The Nova Scotia government will launch an independent review of the RCMP's original investigation into the Rehtaeh Parsons case, Premier Darrell Dexter said Monday following a week of public pressure and international attention on the teen's death.

But Dexter said the review won't proceed until the Mounties conclude their current criminal investigation into the alleged sexual assault of the 17-year-old girl.

"While there is an ongoing investigation, one has to be cognizant of the fact that there are certain legal requirements that have to be observed," said Dexter.

"The important thing is that it will be comprehensive and it will be fully independent." THE CANADIAN PRESS

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Justin Trudeau makes his way to question period in Ottawa on Monday. New Conservative attack ads show the newly elected Liberal leader taking his clothes off at a charity event. ADRIAN WYLD/THE CANADIAN PRESS

Tory attack ads 'expose' Trudeau

'In over his head.' Political experts claim Conservative campaign featuring revealing footage is misleading

Day 1 for new Liberal leader Justin Trudeau featured three questions to the Prime Minister, two controversial Conservative attack videos and a 25-minute encounter with a huge swarm of Parliament Hill reporters.

Though Prime Minister Stephen Harper and many of his cabinet ministers extended congratulations to the new Liberal leader, the Conservative party welcomed him with two mocking attacks on YouTube, accompanied by an anti-Trudeau website and a Facebook page, as well.

Trudeau shrugged off the attacks as predictable, but the Canadian Liver Foundation issued a condemnation, since the Conservatives used footage from a Trudeau appearance at one of the charity's events in 2011.

In that ad, aired Monday morning, the Conservatives took aim at Trudeau's experience, suggesting the 41-year-old was in "over his head." Trudeau is shown removing his shirt at the fundraiser in 2011, where he raised nearly $2,000 for the foundation.

Another video talks up Harper's economic record while poking fun at Trudeau's past jobs as a camp counsellor, rafting instructor and drama teacher, adding, "and now he thinks he can run Canada's economy."

"What I've heard from Canadians across this country," Trudeau told reporters at a post-question-period scrum, "about people being tired of negativity, of bullying, of cynicism, means that the Conservatives are going to discover that the one thing they know how to do really well is no longer working for them."

TORSTAR NEWS SERVICE

Smoke and mirrors?

Jonathan Rose, a political-science professor at Queen's University, flagged quotes about Quebec, which were taken from an interview Trudeau gave to CTV in 1999.

- "Quebecers are better than the rest of Canada, because, you know, we're Quebecers or whatever," a young Trudeau is shown as saying. The narrator describes the comment as a display of poor judgment.
- The full CTV segment, a link to which quickly circulated online Monday, suggests Trudeau was actually talking about his father.

THE CANADIAN PRESS

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Blood on the street

Boston Marathon bombing. White House treating carnage as an act of terror, official says

Two bombs exploded in the packed streets near the finish line of the Boston Marathon on Monday, killing at least three people and injuring more than 140 in a terrifying scene of shattered glass, bloodstained pavement and severed limbs at the world's most prestigious marathon, authorities said.

An eight-year-old boy was among the dead, according to a person who talked to a friend of the family and spoke on condition of anonymity.

A senior U.S. intelligence official said two other bombs were found near the end of the 42-kilometre course in what appeared to be a well-co-ordinated attack.

There was no word Monday night on the motive or who may have carried out the attack, and police said they had no suspects in custody.

"They just started bringing people in with no limbs," said runner Tim Davey, of Richmond, Va. He said he and his wife, Lisa, tried to keep their children's eyes shielded from the gore inside a medical tent, but "they saw a lot."

"They just kept filling up with more and more casualties," Lisa Davey said.

Of the dozens wounded, hospitals reported at least 15 were critically injured.

The fiery twin blasts took place almost simultaneously and about 100 metres apart. The spectators' cheers turned to screams. Huge shards of glass burst from windows, and blood pooled on the pavement.

A few kilometres away and around the same time, a fire broke out at the John F. Kennedy presidential library. Police said it may have been caused by an incendiary device but didn't appear to be related to the bombings.

At Massachusetts General Hospital, Alasdair Conn, chief of emergency services, said: "This is something I've never seen in my 25 years here. ... This is what we expect from war." THE ASSOCIATED PRESS

Nearing the end

"I was getting ready to finish when I heard a bang. The headphones were on, the euphoria was setting in and then I just got a ghastly feeling that something was wrong."

Peregrine Hood, a runner from the U.K.
METRO WORLD NEWS IN BOSTON

Total runners

23K

Some 23,000 runners, including more than 2,000 Canadians, took part in the 42-kilometre race, one of the world's premier marathons.
THE ASSOCIATED PRESS

Morbid mischief

52K

A fake Boston Marathon twitter account promised to donate $1 to the victims for every retweet. The account was retweeted 52,173 times but has since been suspended.
METRO WORLD NEWS IN BOSTON

Emergency workers on site for the marathon tore down temporary fences, scrambling to get to the blast site. DAVID L. RYAN/THE BOSTON GLOBE/THE ASSOCIATED PRESS

Spectators and runners flee from the explosions. WBZTV/THE ASSOCIATED PRESS

The wounded

Hospitals in panic mode

Dr. Alasdair Conn said Massachusetts General Hospital was treating 22 patients Monday night. Six were in surgery just after 5 p.m. for critical injuries. At least four victims had "traumatic amputations."

The hospital enacted its emergency disaster plan, calling in all available staff and cancelling all elective surgeries.

Boston Medical Centre received 20 patients, including two children.

Brigham and Women's Hospital reportedly had 26 patients, including a three-year-old who was transported to Children's Hospital.
JILL GADSBY/METRO WORLD NEWS IN BOSTON

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METRO

U.S. Supreme Court wary of gene patenting

Medical research.
Company argues DNA is 'markedly different' from that found in the body

The U.S. Supreme Court seemed worried Monday about the idea of companies patenting genes that can be found inside the human body, as it heard arguments in a case that could profoundly reshape medical research and the fight against certain cancers.

The U.S. Patent and Trademark Office has been awarding patents on human genes for almost 30 years, but opponents of Myriad Genetics Inc.'s patents on two genes linked to increased risk of breast and ovarian cancer say patent protection should not be given to something that can be found inside the human body.

"Finding a new use for a product of nature, if you don't change the product of nature, is not patentable. If I find a new way of taking gold and making earrings out of it, that doesn't entitle me to a patent on gold," lawyer Christopher Hansen said. Allowing companies to patent genes will slow down or cripple lifesaving research, he said.

But companies have billions of dollars and years of research on the line, and Myriad argued that without the ability to recoup their investment, breakthrough discoveries needed to combat medical maladies wouldn't happen.

THE ASSOCIATED PRESS

Recipe for a slippery slope?

"I can't imagine getting a patent simply on the basic items of salt, flour and eggs, simply because I've created a new use or a new product from those ingredients."
Justice Sonia Sotomayor

Prized piece shown at Titanic anniversary

Auctioneer Alan Aldridge holds the violin of Wallace Hartley, the one Hartley played as band leader of the Titanic, on the 101st anniversary of the sinking of the ship on Monday in Devizes, England. The auction house, which specializes in Titanic memorabilia, spent seven years proving the violin belonged to Hartley, who with his orchestra, famously played on as the ship sank in 1912, and was among the 1,500 who died. Long thought to have been lost at sea or stolen, it is being described as one of the most important pieces of Titanic memorabilia that has ever come up for sale. It's thought to be worth a six-figure sum.

MATT CARDY/GETTY IMAGES

Samsung

Galaxy S4 to hit Canada April 27

Samsung's next flagship phone, the Galaxy S4, will hit Canada as early as April 27. Mobile providers are taking pre-orders for the five-inch smartphone, Samsung's rival to the iPhone. The phone is expected to go on sale May 3.

A slew of software features include a bolstered photo app and gestures that allow the device to be controlled without touching the screen. THE CANADIAN PRESS

Down from 2012 but ...

Home sales up from last month

Canada's housing market continues to show signs of slowing from the torrid pace set in recent years, but also defying the worst fears of an imminent collapse. The Canadian Real Estate Association reported that home sales in the 26 municipal markets it tracks rose a seasonally-adjusted 2.4 per cent in March over the previous month, but were down 15.3 per cent from last year. THE CANADIAN PRESS

Market Minute

DOLLAR 97.52¢ (-1.12¢)

TSX 12,004.88 (-332.71)

OIL $88.71 US (-$2.58)

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3RD WHEEL'S UNEXPECTED CHARMS

Some might say that three's a crowd, but there are actually plenty of advantages when it comes to spending time with an established twosome, provided you follow a couple of important ground rules.

First of all, you can't be insecure; you'll want to let go any feelings of awkwardness or jealousy that will prevent everyone from having a pleasant time. Secondly, you should never agree to a one-on-two date with a brand new couple — there may be nothing more insufferable than being trapped at a dinner table with a pair of smitten kittens who can't keep their paws to themselves.

But if you're selective about who you play "plus one" with and resist the urge to throw a pity party for yourself, you'll realize that tagging along as the proverbial third wheel can actually mean a whole variety of unexpected benefits.

SHE SAYS

Jessica Napier
metronews.ca

You'll be the centre of attention

If you're convinced that a dating duo would only extend an invite to a solo friend out of pity, think again. Even the happiest couples get tired of each other — especially those who live under the same roof — and welcome the opportunity to hang out with someone new. So instead of thinking of yourself as an intrusive third wheel, realize that you're actually an exciting guest star. Spending the evening with a couple who are desperate for new material means you'll have an attentive audience to laugh at your jokes, give you advice on your own relationship problems, and listen vicariously as you relay stories of your crazy single life.

It's a cheap night out

In my experience, couples are usually so appreciative to have someone else join them for a night out that they'll offer to pay your way. Third wheelers can enjoy complimentary cocktails, free meals, movie tickets and many other benefits of having a significant other for the night without having to deal with any of the annoying aspects of being in a relationship.

You don't have to bother looking good

Even though you're hanging out on date night, you're not actually the one on a date. Relieved of the pressure to impress, you can leave the Spanx at home and enjoy a nice night out with minimal effort.

You might learn something

Whether or not you're in a relationship of your own, there can be many educational moments that arise when you're spending time with another couple in an intimate setting. Think of it as relationship reconnaissance: Observing other people's dating habits from close up can help you glean some insights into what you do (or don't) want in your current or future partner. Alternatively, watching two friends bicker passive-aggressively over appetizers can give you a newfound appreciation for single life.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

In the ink of health

DAVE CHIDLEY/THE CANADIAN PRESS

Cancer tattoo strikes right note

Casandra Graham had a single mastectomy after being diagnosed and treated for breast cancer in 2009. And although she opted for reconstruction, she wasn't keen on having a surgically created nipple.

"I had looked on the Internet at probably thousands of photos of nipple reconstructions and as good as the job may be, it'll never be exactly the same as your other one because it's just not natural anymore," Graham, 38, said from her home in London, Ont. "And I didn't like how it looked.

"So I said, you know what, I'm just not going to do it at all. And since I happened to know a couple of tattoo artists — my husband owns a shop — I'll just get it tattooed."

Graham put together a design that combined several images she found online, including small hearts, a pink ribbon that symbolizes breast cancer, and some tiny stars.

But the central motif of her pink and black tattoo is a treble clef.

"I can't sing, I can't carry a tune in a bucket ... but I really like music and it was one of the strong things when I was alone that kind of kept my spirits up."

THE CANADIAN PRESS

'I am living'

"Survivor seems too cliché for me. So in pink writing around the side of the tattoo, I had them write: 'I am living,' because I feel like I'm not just getting by, surviving one day to the next. I'm actually living my life now. Casandra Graham

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Canadians weary of muttering obscenities at a stubborn winter can rejoice now that patio weather is creeping into our afternoons. That also means it's time to brush up on whip-smart conversation, so grab the early advantage by subscribing to these brain food podcasts on iTunes.

GREG WESTFALL/FLICKR

99% Invisible :

A recent lesson on the word jaywalking perfectly illustrates how well this show — which explores the quiet impact design has on daily life — tends to wrap things up in an easily repeated fun fact.

A History of the World in 100 Objects :

A great idea worthy of its many copycats, each edition of this 100-episode BBC special focuses on one of the countless innovations the modern world is built on, from hand tools to credit cards.

Quirks and Quarks :

It's past time science got around to explaining how national treasure Bob McDonald and his team manage to pack so much science news and information into a single hour.

Twitter

The public reacts to the Boston Marathon explosions.

@corduroygal: My thoughts and prayers are with the victims of the bombing in Boston. My run today is now dedicated to you #prayforboston #bostonmarathon

@DJRedEyezz: Tragic day in Boston, senseless act #PrayForBoston

@rajbmanian: #BostonMarathon victims you are not alone. #Toronto is with you

@robyntrew: So saddened to hear of yet another heartless and senseless act of violence. Thoughts are with you, #Boston. #prayforboston

@SomeGuyDylan: Once again the world is forced to deal with the actions of some small, ignorant, petty little minds. Stay safe #Boston

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SCENE 2

DVD reviews

Django Unchained

Director. Quentin Tarantino

Stars. Jamie Foxx, Christoph Waltz, Leonardo DiCaprio

Quentin Tarantino's pre-Civil War anti-slavery adventure is his valentine to the spaghetti western genre, specifically the blood-splattered grindhouse movies of his 1960s-to-1970s youth made by Sergio Leone and Sergio Corbucci. Tarantino also tips his Stetson to three bloody Sams — Fuller, Raimi and Peckinpah — who share his filmmaking sensibility that blood should come by the bucketful. And there are shout-outs to a Monty, as in Python, in such scenes of lunacy as when freed slave Django (Jamie Foxx) and his benefactor Dr. Schultz (Christoph Waltz) encounter KKK vigilantes who can't shoot or even see straight. Tarantino is clearly having a grand ol' time, and so are his actors, who include Leonardo DiCaprio as the childlike owner of a vast Mississippi plantation and Samuel L. Jackson as his devoted housekeeper. Each of these players shares the writer/director's filmic vision that both observes and condemns America's bloody history of racism.

PETER HOWELL

A group of collar-popping frat boys don hipster disguises in an attempt to pick up girls in Williamsburg. YOUTUBE SCREENSHOT

Bros take on Brooklyn

A guy's answer to Girls. Video editor takes personal experience with hipster girls and turns it into a YouTube short

CASSANDRA GARRISON
Metro World News in New York

What happens when former frat boys trade their popped collars for jean shorts and flannel? What could possibly go wrong when clean-cut bros hop on the L train and venture to Brooklyn in search of hipster girls? Hilarity ensues, as demonstrated in a newly-launched web series inspired by the HBO hit show Girls and created by a Williamsburg veteran.

Video editor Anthony DiMieri, 25, had written a sitcom about 20-something guys living in NYC back in 2010, but when Girls premiered, the idea for a parody colliding two stereotyped sub-cultures just clicked.

"When I saw Girls, I thought, 'Holy crap — this is really close to what I was doing,'" DiMieri told Metro. "It's taking some humour and boiling things down to more sketch comedy. Humour in a web series is different than humour on TV. You have to make people laugh right off the bat."

Thus, Bros was born.

He did a casting call in December, pulled a lot of favours for the low-budget production, and put it on YouTube earlier this week. Bros follows a main character who gets cut off by his parents (sound familiar?) after his post-college life is filled with picking up chicks and playing Call of Duty. His soul-searching is brought to a halt when one of his fellow bros reveals the secrets of picking up hipster girls.

Observing their friend's outfit — a sparkly T-shirt, a purple winter cap and cut-off shorts — the main character and his bros are at first bewildered that this look could ever attract women.

But it is the bro-turned-hipster who gets the last laugh when he returns to the apartment that night with a flannel-wearing hottie.

From there, DiMieri's cast embarks on a transformation as they strive to infiltrate Williamsburg and entice female hipsters with mentions of gin distilleries and "obscure" music.

DiMieri has gotten a lot of feedback about Bros but, predictably, some criticism, too, about poking fun at Girls.

"My favourite YouTube comment so far is something like, 'You guys are a**holes for ruining such a good thing,'" he said.

"They think I am attacking the show, but I am not trying to do that."

DiMieri, who rejects labels but admitted he is likely part-bro, part-hipster, would like to continue making episodes in the web series, but said it is all based on cost and whether he can find a way to fund the production. Most of the people involved in the first episode worked for free, including the cast members. He is considering launching a Kickstarter campaign.

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How a stay-at-home mom discovered her sanity

A momoir. Columnist shares how she found her groove in new book, Lost in Suburbia: A momoir: How I Got Pregnant, Lost Myself, and Got My Cool Back in the New Jersey Suburbs

NATALIE SHURE
Metro World News in New York

When syndicated parenting columnist Tracy Beckerman gave up her high-powered Manhattan TV career to focus on motherhood, she, her husband and their two young kids left their quintessential New York lifestyle behind for a different one in the Jersey suburbs.

Her new life as a full-time mom, however, left Beckerman in a funk. Lost in Suburbia: A Momoir: How I Got Pregnant, Lost Myself, and Got My Cool Back in the New Jersey Suburbs tells the story of how the author found her groove in Jersey and learned how important a sense of humour is in raising a family.

Tracy Beckerman moved from New York to suburbia. And it wasn't easy. HANDOUT

How did you decide to swap your city life for a suburban one, and what was the transition like?

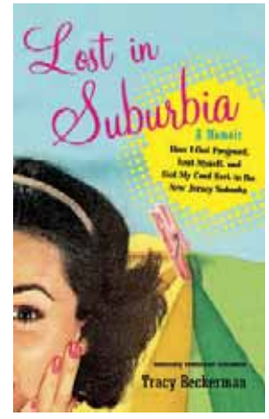
After I had my son and went back to my job as a writer and producer for the local news, I never expected that I was going to not really care about it anymore.

I felt like I was missing out by not being with my son. So we made the decision that I was going to quit my job.

Then we realized that we couldn't afford to stay in the city! So we moved to New Jersey. I didn't know anybody, I didn't have my job to define me anymore and I just sort of lost it. It made it tough to be comfortable in my new role.

How did things begin to change?

My low point is when I got stopped by a cop driving in my dumpy bathrobe. I thought, I've got to turn my life around! When my kids went to school, I thought about what I could do that is just for me.



One day my son came home from school and told me something funny that happened, and I wrote it down. (The story) came flooding out of me, and the local paper ran it. Soon after, two more papers expressed interest. I realized this was going to be my second act. Finding the humour in parenting made me so much happier.

What should women in this situation keep in mind?

If you defined yourself by your career, it can be very hard when all of a sudden your job title is Stay-At- Home Mom.

You need something for yourself that's not just about your kids — something just for you that you feel good about.

I think you end up feeling happier, and it makes you a better parent.

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The Flaming Lips go to the dark side

The Terror. The boys who brought you She Don't Use Jelly dig deep into the depths of the human condition to produce anxiety-laden tracks

PAT HEALY
Metro World News in Boston

There's no happy sounds from The Flaming Lips on The Terror. GEORGE SALISBURY

When the Flaming Lips appeared in a commercial during the Super Bowl this year, it seemed that after 30 years as a band, they were ready to present themselves definitively to the masses; as fuzzy, fun-time freaks who roll around in hamster balls and blast technicolour confetti from their tour bus. The minute-and-a-half Hyundai ad crystallized the band's whimsical qualities, which were particularly potent in last year's hyper-collaborative and highly playful project, The Flaming Lips and Heady Fwends.

But the Lips have put aside their playdates with seemingly disparate "Fwends" like Ke$ha, Erykah Badu and Chris Martin and gone to a much darker place. Therein they found The Terror.

The Terror, which comes out Tuesday, finds Wayne Coyne and company capturing the sound of the desperate anxiety that you'd expect from an album with a title like that.

"A lot of times I think Flaming Lips music goes into the fantastical and I think that's great," says Coyne. "But I think this music specifically goes to how life is. Part of it is that there is something grinding away at you. ... I think virtually every song on here has this kind of underlying, grinding, non-musical — not even always rhythmically correct — bed to it."

Lyrically, the mood is persistently similar, with very little light coming into or escaping from the songs. On one track, when a high hopeful voice sings "You're not alone" it is echoed by a sobering mechanical response of "You are alone." This is a very different Wayne Coyne from the one who sang about a girl who uses Vaseline on her toast instead of jelly. It's a very different Wayne Coyne from the one who asked if you realized that happiness makes you cry. Coyne admits that when the band began to chase these dark impulses, part of The Terror was that they wouldn't be able to return.

"I always know that once we get interested in something, it's wonderful but it's also scary, because it's like 'We're really gonna do this' and you don't know in the beginning if it means that we destroy this other part of us."

A different Wayne

"I think virtually every song on here has this kind of underlying, grinding, non-musical — not even always rhythmically correct — bed to it."

The Flaming Lips frontman Wayne Coyne

From Gangnam Style to a true Gentleman

MICHELLE CASTILLO
Metro World News in New York

There's a new Gentleman in town.

Korean rapper and dancer extraordinaire Psy released his latest single Gentleman on April 13, and the video has already reached more than 58,470,000 views on YouTube. While it doesn't have Psy's classic horse move and isn't a harsh critique on South Korea's upscale Gangnam District, the video still features a catchy tune, slightly naughty lyrics and some svelte hip shaking movements.

"I'll make you gasp and I'll make you scream," Psy raps, adding that he's a "mother father gentleman" — though some have debated if that's actually what he's saying.

Overall, people seem to like the tune, but comparisons to Psy's mega hit Gangnam Style are inevitable. The video for the international sensation, which has been out for nine months, has more than 1,525,000,000 views on YouTube, and even features a tiny animated character doing the famous dance move right next to its counter.

"I can't say that it's better than Gangnam Style, but I still like it," YouTube user Megi Ivanova commented on the official music video.

However, not everyone was impressed with the new single.

"Nothing original since Gangnam Style... so disappointed!!" user rugossss wrote.

Psy is hoping fans will go Gangnam over Gentleman. GETTY IMAGES

Young and the Restless star Eric Braeden says the appetite for the show is still voracious. HANDOUT

After 40 years, they're still young and restless

Looking back. Metro goes behind the scenes of one of the longest running soaps to find out how the actors feel about 40

NED EHRBAR
Metro World News in Hollywood

Soap opera mainstay the Young and the Restless turned 40 last month, still thriving as competitors in the daytime drama genre have fallen by the wayside. Metro stopped by the show's Los Angeles set to celebrate and chat with a few of the show's notables about what has made it such a lasting success.

Eric Braeden, star of the show since 1980, on not having time to reflect on reaching 40 years
You know, it's strange. I'm on a sort of automatic pilot. It takes having not being on the show for a while to reflect upon it. Right now, the appetite of this show is so voracious — they churn it out over and over and over again — that you really have no time to reflect. So it hasn't dawned on me yet.

On learning that CBS president Nina Tassler was once his agent's assistant
That tells you that in this town, always be nice to people because you never know when you'll meet them again. I had no idea (about it), I had no clue.

On what's made the show so successful for so long
I think Bill Bell set the tone by dealing with storylines that are conceivable to the audience, that the audience has probably gone through. What art is all about (is) the need of those who view art to feel touched by it, and we have never had these outlandish storylines that some other soaps have had. We've always dealt with real stuff, and I think therein lies the catch.

Lauralee Bell, star and daughter of creators William and Lee Bell, on the show's lasting appeal
I think (William Bell) started out with two real families, and it could be two families that live next door to you — they were very identifiable characters. Just the way they evolved was very real. Sometimes he would be accused of dragging a storyline on slowly, however that was kind of life. And the fact that so many of the characters, like a family member, were there 10 years, 20 years, 30 years, you could count on them. You weren't turning it on and suddenly Aunt Delores is gone. It's the same character that you started watching and you could count on them. Or there was their children. It was about as close to real life while escaping while you watch as it could be.

Her first memory of the show
I would watch it so many times at home from our apartment in Chicago and watch it and re-watch it and listen to my dad do his phone calls out here saying, "I liked this about the show, I didn't like this about the show," so I remember constantly listening to that and learning from that. I was an extra when I was very young — I think nine or 11. So I remember sitting on the airplane with, I think, David Hasselhoff, and I thought, you know, this is a pretty good gig.

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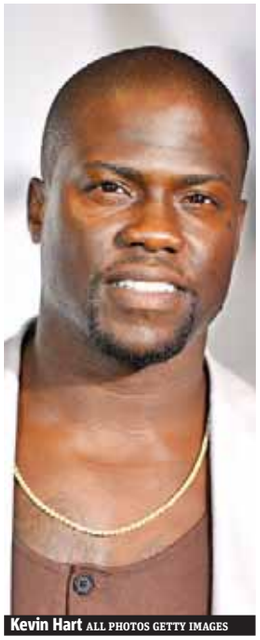
entertainment one

Comedian calls arrest ‘a wake-up call’

Comedian Kevin Hart was arrested for driving under the influence early Sunday morning in Los Angeles, and he wasn’t shy about sharing the details after posting bail. “I’m officially a thug. I spent six hours in jail last night,” Hart announced on Twitter. “This cop was the worst. He knew who I was and wanted to make an example of me. ... When the cop asked me to take the sobriety test I said, ‘Why waste our time? I’m drunk, man.’” Hart did also offer some more serious reflection on the night’s events: “This is a wake-up call for me. I have to be smarter and last night I wasn’t.”



Kevin Hart ALL PHOTOS GETTY IMAGES

Lindsay Lohan

Rocking out before facing the music

Lindsay Lohan hit up the first weekend of the Coachella music festival, and despite some former pals being worried for her life if she attended, she seemed to come out of the fest just fine. A water bottle-clutching Lohan was spotted with her 16-year-old brother, Cody, in tow, and sources tell E! News that the troubled actress was aiming for “a healthy, fun time at Coachella” before heading to her court-ordered 90-day rehab stay next month. The music festival continues this weekend.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Ozzy and Sharon’s relationship gone off rails?

THE WORD
Dorothy Robinson
scene@metronews.ca

Everyone’s favourite heavy metal couple, Ozzy and Sharon Osbourne, are reportedly well on their way to splitting up, according to Radar Online. And sadly, the long-married pair is said to be living separately already. While Ozzy is said to be living in a rented Beverly Hills mansion, Sharon has been staying at the Beverly Hills Hotel since at least the beginning of this month, sources say. “They are living at different addresses and not spending any time together,” a source recently told the Sun. Sharon is believed to be staying at the famous hotel while she decorates a new home — but not the one where Ozzy is staying. The usually outspoken and press-friendly pair has been remarkably quiet about the reports of marital trouble.

Ellen DeGeneres and Portia de Rossi

Ellen and Portia content without kiddos

Portia de Rossi tells Out magazine that she and wife Ellen DeGeneres have absolutely no plans to start a family, despite pressure from friends and loved ones. “You have to really want to have kids, and neither of us did. So it’s just going to be me and Ellen and no babies,” de Rossi tells the magazine. “There comes some pressure in your mid-30s, and you think, ‘Am I going to have kids so I don’t miss out on something that other people really seem to love? Or is it that I really genuinely want to do this with my whole heart?’ I didn’t feel that my response was ‘yes’ to the latter.”

Twitter

@ElizabethBanks
Huh, Brad Pitt would make an amazing radio man. Ah, but a waste of that face.

@AlbertBrooks
Justin Bieber said he hoped Anne Frank would have been a fan. I really want to kill myself.

@mindykaling
If Kobe retires he should make movies with cartoon characters like Rocky & Bullwinkle

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LEADING THE WAY IN CANCER MEDICINE

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Two people may appear to have the same cancer, but how their cancer responds to treatment may be very different.

"At The Princess Margaret, 50 years of research and experience in treating people with cancer has taught us just how complicated the disease is," says Christine Lasky, vice-president of strategic initiatives at The Princess Margaret Cancer Foundation.

"And today we know that cancer is much more complex than what we can see under a microscope."

As one of the world's top five cancer research centres, Princess Margaret Cancer Centre is improving the way that cancer is diagnosed and treated based on a much better understanding of the disease. Personalized cancer medicine is the centre's new focus for care; it's about delivering precisely the right treatment for the right patient at the right time. An important component is the genetic analysis of each tumour; a process that helps doctors make a more informed decision about the best way to treat each cancer patient.

As an example, until recently, drug therapy for all lung cancer patients or all colon cancer patients has been similar, if not identical. But over the past decade, clinical studies have helped segment cancers by identifying genetic mutations that distinguish cancers from one another and allowed doctors to determine which cancers respond best to different drug therapies.

Dr. Suzanne Kamel-Reid, head of laboratory genetics and director of molecular diagnostics, explains, "While the list of reliable markers is fairly small today, we expect considerable growth in this area over the next decade as more effective technology is now available to efficiently produce a detailed molecular profile of a tumour."

For The Princess Margaret, personalized cancer medicine encompasses four pillars — early detection, precise diagnosis, targeted treatment, and psychosocial support for patients and their families. The research teams at The Princess Margaret are working on many early detection initiatives, including better imaging equipment to detect very small tumours and blood and serum tests to uncover unique cancer markers. New equipment and procedures to identify genetic mutations will enable experts to recommend optimal drug and therapy combinations.

Improved treatments are being investigated to target only the cancer cells and minimize toxic side-effects on healthy tissue. And expanded education and support will empower patients and families throughout their personalized cancer treatment journey.

One promising new development in personalized cancer medicine is the new class of cancer drugs known as "targeted drugs," each developed to key on specific molecular characteristics of a specific cancer. An example would be Herceptin, the drug that targets a protein that is "over-expressed" in women with HER2 positive breast cancer.

The mandate of The Princess Margaret Cancer Foundation is to raise funds to revolutionize care through major improvements in cancer diagnosis and treatment.

"The Princess Margaret Cancer Centre is proudly at the forefront of this progress, and thanks to the lotteries, more than $246 million in net proceeds have been directed into cancer research," Lasky says. "The building of this new infrastructure is costly and it takes time to develop and test more effective drugs, more minimally-invasive surgical techniques, more effective radiation therapy with fewer negative side-effects, plus bringing new therapies like cell and immune therapies to the mainstream. Lottery funds are crucial to implementing these important new initiatives."

You can help The Princess Margaret lead the way in the research and delivery of personalized cancer medicine with your purchase of Princess Margaret lottery tickets. Order your Princess Margaret Home Lottery tickets before the April 18 early bird deadline at midnight and you could win a luxury custom Linwood lakefront cottage in The Kawarathas, valued at $875,000. To order your tickets, visit PrincessMargaretLotto.com.

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The Iron Man 3 workout

Fitness. Robert Downey Jr.'s trainer, Brad Bose, tells us how to get superhero strong

ROMINA McGUINNESS
Metro World News

"Superheroes have good bodies, even if they have PhDs," says Brad Bose, who would know.

He's Robert Downey Jr.'s personal trainer, and got him fit for Iron Man 3.

"It was important that Robert was extremely fit and had a good muscular build. Only it had to look realistic. He's meant to be a billionaire playboy; you don't want him to get too big and end up looking like Captain America or The Hulk."

Fortunately, Downey Jr. was almost ready to go for his third stint as Mr. Stark.

"He'd recently finished filming The Avengers so he was in good shape. But holding on to that muscle mass and definition for long periods of time isn't easy," adds Bose.

"He had to get re-buff. We were doing two-hour sessions, three to four days a week. By the time we were done, he'd gained five pounds of muscle and trimmed off 10 pounds of fat."

His workout gloves are cooler than yours. MARVEL

FPT vs. Body Building

"Robert's cardio was never an issue," Bose tells Metro. "A lot of people don't want to talk about it but the truth is, he's 48. He's above the curve when it comes to being a fit individual but this is a young man's training he's doing."

In order to gain muscle bulk, Downey Jr. spent the first month doing traditional weight training.

Once he and Bose were satisfied with his mass, they moved on to Functional Performance Training, a technique that engages all muscle groups simultaneously.

"FPT isn't just for esthetics," says Bose.

"All the exercises are designed to get you muscular through strength. As opposed to body building, where you're working one muscle group in isolation, FPT gets as many muscles and as many planes of movement engaged at any one time," he explains about the training regiment .

The logic behind the moves is it offers a better approach.

"The body functions as a unit. Every time you're doing an upper body movement, your legs should never be completely dormant. The 'core' (from the lower part of your rib cage to the lower part of your hip girdle) should always be engaged. The aim of FPT is to do things more dynamically. So we'll push sleds, we use battling ropes, sledgehammers, tyres and so on."

Superhero diet

How Iron Man gets his iron, man

Hard to believe, given his love of shawarma, but Iron Man lives closer to a vegetarian lifestyle than full-on carnivore.

"We try to balance the protein and the carbohydrates and stick to fish, chicken, eggs and soy," explains Bose. "And when it's time to cut weight, we just minimize the portions. Robert tends to eat every three hours and have two protein shakes a day. The only reason he even drinks them is to make sure that during these intense workout periods, he's not losing any muscle mass. So as far as nutrition goes, we're more focused on a Paleo style diet, which is basically fish, organic meat, nuts, roots, fruit, eggs and vegetables."

And on his days off ... Tracy Anderson and Kung Fu

"Robert is constantly doing something," says Bose of his client.

"But in order to spend time with his wife, he does a lot of Tracy Anderson cardio classes. And he's a brown belt in Kung Fu, so on the opposite days that he's not working with me, he's sparring with his coach, Eric Orum."

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There's no need to suffer this allergy season. ISTOCK PHOTOS

Beat your allergies this year

Easy solutions. Author of Itchy & Scratchy gives some tips on how to not suffer this season

LINDA CLARKE
Metro World News

Warm weather at the start of the year caused early pollination in some trees, exacerbating conditions for allergy sufferers, and raising expectations that 2013 will see increased seasonal allergies. Metro asked immunologist Dr. Jennifer Collins, author of the blog Itchy & Scratchy, for tips on combating yours.

Know what you're allergic to
"Knowing what you're allergic to is really important. An immunologist can test you and then give specific advice, and then give effective treatment. One of the things I see is people who have suffered for years and they don't have to."

Manage with medications
"Many over-the-counter medications work just fine, but consult your doctor or an allergist. Steroids are used to help with the inflammation. There are side effects, long term, but steroids can stop acute allergies from becoming chronic."

Limit exposure to allergens at home
"Pollen levels are highest between 5 a.m. and 10 a.m., so close your windows. Make sure AC filters are clean and working effectively. If you have animals, wipe them down with a washcloth when you come in. Washing your sheets in hot water and regular cleaning will help, too."

Sign up for alerts or get an app
"Lots of websites offer email alerts and there are apps, too. They help you to prepare for bad days. If you know the level is going to be high you can take your medication before going out and getting on with your normal life."

Is it a cold, or an allergy?
"Symptoms can be difficult to differentiate from the common cold, because they include itchy eyes, runny nose — even itchy ears. You might get a sore throat, hives or welts on the arms, and sometimes asthma or coughing. Allergies can cause you to be more susceptible to bacterial or viral infection and can actually make you more vulnerable to a spring or summer cold."

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ADVANCING GENERICS

Healthy tips

You can eat french fries, just not too many.
ISTOCK PHOTOS

Regaining control of portion size

When it comes to maintaining a healthy weight, how much we eat is as important as what is on the plate. Unless you carry around a scale or measuring cup, portion size can get out of control.

"The eye easily gets tricked. Most people need a serving size reality check," says Nicolette M. Pace, R.D., the founder of NutriSource Inc., which specializes in nutrition-based disease prevention and treatment.

We asked Pace for some easy visual identifiers for common foods that we often oversize.

Rice
Portion size: 1/3 cup
"Two-thirds is about the size of a tennis ball, so, half a tennis ball."

Pasta
Portion size: 1/3 cup
"With pasta it depends on type, but (aim for) about the size of a large computer mouse."

Chips
Portion size: 15 chips
"Count them. Most people eat double or triple an individual serving size. Look at the label. Even small bags have two to three servings."

Chocolate
Portion size: one ounce
"A portion is about the size of three chocolates from a box."

Chicken
Portion size: three ounces
"That is the recommended amount and that looks like a deck of cards. For a larger person to feel satisfied the amount might be more like two decks."

French fries
Portion size: 10 fries
"It's horrible — it's like nothing. But you're dehydrating the potato and replacing the water with fat." LINDA CLARKE/MWN

Getting help when parents are sick

Dealing with cancer. A new book goes straight to the source for advice — other teens

MEREDITH ENGEL
Metro World News

When Maya Silver was grappling with her mother's breast cancer, she noticed that there weren't many resources available for teens dealing with a parent's cancer. So she tag-teamed with her dad, Marc — the author of Breast Cancer Husband — to create a survival guide for teens undergoing such duress, My Parent Has Cancer and it Really Sucks. We asked the father-daughter duo about the best ways to help this underrepresented group cope.

A new book about dealing with cancer is targeted at some of the forgotten people in the scenario. ISTOCK PHOTOS

We often try to lend support to friends going through a rough time by saying something like, 'If you need anything, let me know.' But Maya, what are some concrete words or actions that you appreciated when your mom was ill?

Maya: Just understanding. If I didn't want to have any friends over to the house when my mom was really sick, or if I just wanted to get away and stay busy, I had people there to help me do that. You definitely hear a lot of "I'm so sorry!" (and) constant asking how you're doing, how your family's doing. That was not very helpful for me. Knowing that I had good friends around me and a strong family was very helpful.

What else did teens find not helpful?

Marc: One girl (we interviewed,) Caitlin, went to school, and the teacher asked a question so Caitlin raised her hand to answer. And the teacher goes, "Oh, Caitlin, how's your mom?" And Caitlin was so mad because she did not want to talk about or have to think about her mom at that moment — she wanted to answer the question. Kids don't want to be constantly reminded.

Maya: Another thing is an artificial sense of compassion. We had a couple of really out-there examples, like, "I know exactly how you feel, my gecko just died." (Or) you tell someone that your mom has a serious form of breast cancer and they're like, "Oh, my grandma's sick too." You want to be like, "You have no idea."

Communication

Some final advice from Maya.

- **Quote.** "Some teens might want to communicate through text, or email or whatever. Find out how your teen wants to communicate, and how much they want to know, and then you can adjust as needed."

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Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
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Skinny panini: Clubhouse starring chicken and prosciutto

ROSE REISMAN
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1. Spray non-stick skillet with cooking oil and place over medium heat. Sauté prosciutto 5 minutes or just until dry and beginning to crisp. Remove from pan, cool slightly and crumble. Wipe skillet; respray.

2. Working with one at a time, pound chicken breasts between two sheets of waxed paper to an even 1/4-inch thickness. Sauté for 5 minutes, or just until cooked and no longer pink in the centre, turning halfway. Cool for 5 minutes, then dice.

3. Combine the mayonnaise, lemon juice, mustard, garlic and pepper in a small bowl and mix thoroughly. Spread evenly over the entire surface of the tortillas. Scatter the chicken, prosciutto, cheese, tomato, onion and avocado overtop. Fold in the sides of each tortilla and roll it up tightly.

4. Preheat a non-stick grill pan to hot and spray with cooking oil. Sear the rolls on both sides until browned, approximately 2 minutes per side. Slice in half before serving. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 2 oz prosciutto
- 8 oz skinless boneless chicken breast
- 2 tbsp light mayonnaise
- 2 tsp lemon juice
- 1 tsp Dijon mustard
- 1/2 tsp crushed fresh garlic
- pinch ground black pepper
- 4 large tortillas (preferably whole wheat)
- 2/3 cup Swiss cheese
- 1/3 cup diced, seeded plum tomatoes
- 1/3 cup diced sweet onion
- 1/2 diced ripe avocado

This recipe serves eight and contains 143 calories and 6.1 g of fat per serving. LORELLA VANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

Of underrated watercress

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Do you think of the Queen or Downton Abbey when you think of watercress?

Of course, it is ubiquitous in tea sandwiches but did you know that it is an incredibly healthy salad green?

Watercress is a cancer and age fighting superfood as reported in a study in Medical News Today. It is suspected that the high anti-oxidant capacity of this easy-to-grow spring sprout protects DNA and cell damage. The study's participants ate one cup per day of both the stems and leaves. Watercress is in the category of cruciferous vegetables like cabbage, mustards and kale and offers all the same benefits of these more widely used varieties. Watercress can be added to just about anything:

- salads
- omelets
- fruit smoothies
- grilled cheese
- sautéed
- served with grilled fish, pork or chicken
- as a pesto
- as a soup

Watercress does indeed grow in very damp soil and near running water. If you know what to look for, it can be a free and wild addition to your day.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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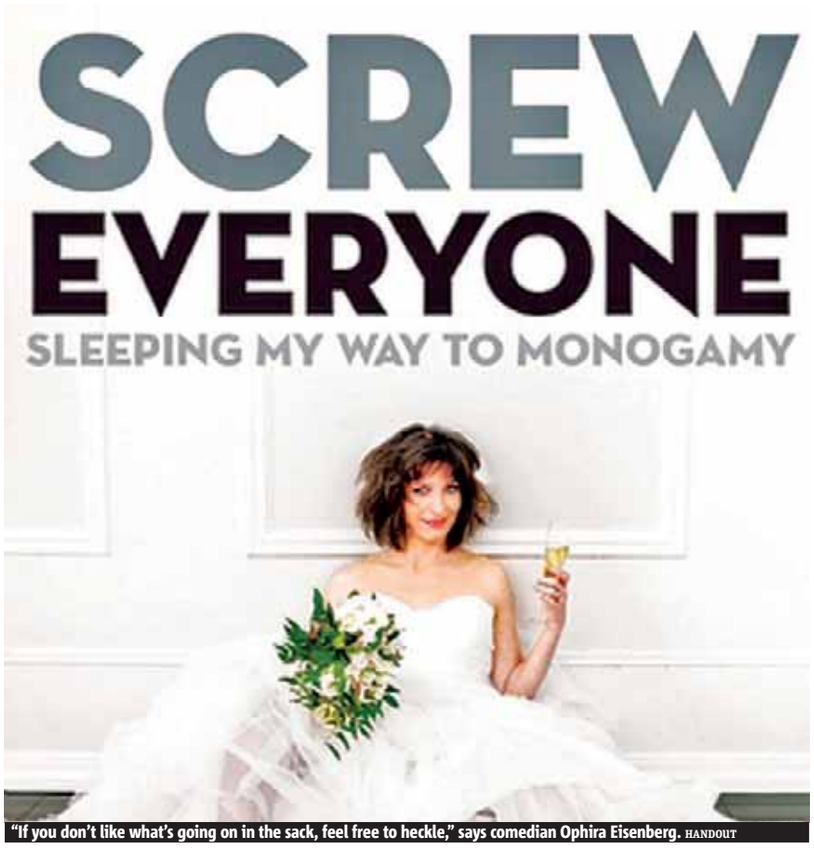

"If you don't like what's going on in the sack, feel free to heckle," says comedian Ophira Eisenberg. HANDOUT

From men hungry to monogamy

Books. Ophira Eisenberg's rollicking new memoir details how jumping from one guy to another helped her say "yes" to marriage

DOROTHY ROBINSON
Metro World News in New York City

Ophira Eisenberg is a stand-up comedian, writer and host of NPR's new weekly trivia show, Ask Me Another. But she is also quite the expert in sleeping around.

Or she was — until she met "the one." Being on the prowl? Just practice for monogamy.

"I think it's my large sample size and many experiences that led me to the right guy," she says in her new memoir, Screw Everyone.

What does NPR think about an employee writing a book about sleeping around?
I'm certain almost everyone at NPR has had sex, so they are OK with it. Almost everyone.

Your story has a happy ending — a nice marriage — but do you have any regrets from your stay in Trollopville?
Nope. In hindsight I'm glad I let myself go for it. ... I think everyone looks back and wishes they could have treated themselves or a situation a bit better. I couldn't always laugh at myself then.

Thank God I can laugh at myself now.

Why are so many comedians terrible in the sack? Not that we're asking from experience or anything.
Of course — it's a friend of a friend who wants to know, right? I'm a comedian and from what I've heard, I'm pretty decent — at least from the comment cards I've received.

But if I had to take a guess, it's because they're going for the laugh.

My advice is that if you don't like what's going on in the sack, feel free to heckle.

Comedic hindsight

"I think everyone looks back and wishes they could have treated themselves or a situation a bit better. I couldn't always laugh at myself then."
Ophira Eisenberg

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Jump on the fin lit bandwagon

YOUR MONEY
Alison Griffiths
money@metronews.ca

"I am 44, a single parent with two kids and a total idiot about money," writes Lori P. from Winnipeg. "There's so much talk about financial literacy these days. How am I supposed to get smart?"

Good point. I feel your frustration. The fin lit bandwagon has produced so much content it can be a huge challenge to find what you need to know.

I'm not being pejorative; financial literacy is particularly important for a very good bandwagon. After all, money accompanies us from cradle to grave. Spouses, kids, jobs, friends may all come and go, but money remains. The way we handle it affects not only our own life but also that of people around us.

Financial literacy is particularly important for women because we are still the primary caregivers of children and the elderly. We also bear a larger portion of the responsibility for educating our kids about money. Additionally, we ladies are by far the majority of single parents and we live longer.

So, women have to get smart about money.

The international Financial Literacy & Education Summit 2013 in Chicago is tackling this very important topic on April 17th. I'm honoured to be the moderator of a panel of journalists from around the world. You can register to view online at practicalmoneyskills.com/summit2013.

Back to Lori P. She should focus on her own specific needs first. For example, if she is in a job with a workplace pension and contributing to it, she might put retirement investing on the shelf for now. Instead, she could concentrate on areas where she is weak such as insurance, budgeting or taxes.

The idea is to pick one thing and work on that until you have a comfort level with the topic. Don't try to become financially savvy in everything. It is simply too overwhelming.

And by the way Lori, I doubt you've raised two kids and are really a "total idiot" about money. I suspect you know more than you think.

Boost your own money smarts by winning my latest book, Count on Yourself: Take Charge of Your Money. Just tweet or email a question about financial literacy and include the hashtag #FinLitSummit. Or email questions to griffiths.alison@gmail.com. I'll be giving out five books after the summit.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

The way we handle money also affects the people around us. ISTOCK IMAGES

On the web

Does your money savvy end with counting the change in your piggy bank? Financial expert Gail Vaz-Oxlade launches her new series, Money Moron, on Slice this Friday at 9 p.m. ET/6 pm. PT. On the show, Vaz-Oxlade attempts to rescue strained relationships from the pitfalls of financial woes. With one person in the relationship calling out the other for their unhealthy financial habits, the finance guru is brought in to offer the reckless spender a chance to turn things around.

- **For a sneak peak at Money Moron, visit metronews.ca**

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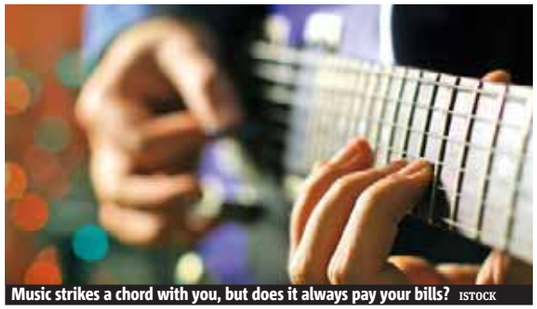
Skip the starving artist phase. Compose a career in the music industry



Music strikes a chord with you, but does it always pay your bills? ISTOCK

Over the last 35 years, Portland-based pianist Jill Timmons has created a sustainable career, without losing sight of her passion for classical music. And after 10 years of research and writing, her latest book, The Musician's Journey: Crafting Your Career Vision and Plan, is finally set for release this month. In it Timmons shares her formula for a success-sans-starving career in music.

"I spent a lot of time researching before I began writing. I found a lot of books on the vision process — getting in touch with what you want to do in music most. And I found a lot of books on the nuts-and-bolts business aspect of having a career," says Timmons. "But I couldn't find anything that joined these two together, so I thought, 'Well, I'm going to have to write it.'"

Timmons received her doctor of musical arts degree from Washington University, and her master of management from Boston University. She owns her own company, Arts Mentor (artsmentor.com), which consults teachers, artists, nonprofits and students on their artistic ambitions.

Over the years Timmons has performed at Carnegie Hall, founded an arts consulting business and reached tenure at Linfield College, along with a slew of other gigs and "reinventions."

Finding the harmony

"Making a living and being an artist are two separate things. Sometimes they intersect, but not always."

Jill Timmons
Author of The Musician's Journey: Crafting Your Career Vision and Plan

But all of her work has been related to music, and she encourages other musicians to embrace a similar piecemeal approach.

"I think the biggest mistake that most artists make is calculating their career based on what is outside of them, rather than considering the question, 'If I didn't have to make a living, what would I do?' Because that's the focal point, and everything needs to grow from there," says Timmons.

"Making a living and being an artist are two separate things. Sometimes they intersect, but not always. To let your happiness hinge on, 'I must get a job, tomorrow, in my field, or I can't be an artist,' is just self-defeating."

BRUCE WALSH, METRO WORLD NEWS

Put some elbow grease into that workplace wash-up

Shine on! You're taking the time to dust off your credenza, so why not give your career a good cleaning?

JULIA WEST
Metro World News in New York

It's that time of year again when we break out the cleaning products and industrial-sized trash bags, and now's also the perfect time to do a little sprucing up on the career front. Whether you're in the midst of a job search, or looking to improve your standing situation, a little polish is sure to make your career shine.

If you're actively looking for a new job, Jane Trnka, executive director of Rollins MBA's Career Development Center, suggests reassessing your search plan. "How many hours are you dedicating to your search? How are you allocating those hours? By creating a calendar, charting out and making deliberate plans, you will avoid the 'I can do it tomorrow' self-talk and take productive action in a more timely manner." Cut down on the hours spent aimlessly surfing and search with precise timeframes and goals in mind.

If you're employed but keeping an eye out for a more fulfilling position, take a good look at what you're putting on the Internet; it could be hurting you.

Comb through your social media platforms and make sure they are scrubbed clean. "Be thoughtful about what you're posting on your own social channels," says Ben Martinez, HR director at the digital recruiting platform HireVue. "You might want to consider deleting some old items if you feel they won't go over well with a new boss," he adds.

Your spring manicure might be saying, "come hither" but that mess on your desk is telling co-workers to run far away. ISTOCK

If you're looking to dust off the cobwebs on your current position, it helps to be concise. Clear off the clutter and get to the heart of what your job is. Dorie Clark, marketing strategy consultant and author of book Reinventing You: Define Your Brand, Imagine Your Future, explains the importance of a career's sharpened narrative. "Take control of your narrative by creating a one or two sentence statement that explains where you've been and how that uniquely positions you for the future," she says. Now you've got a sparkling view of how to move forward.

What to toss

It wouldn't be spring cleaning without a little purging. Joseph Grenny, co-author of the personal improvement book Change Anything, lists the top five bad job-search habits. It's time to haul these to the curb.

- Unreliability
- "That's not my job" attitude
- Procrastination
- Resistance to change
- Negative attitude

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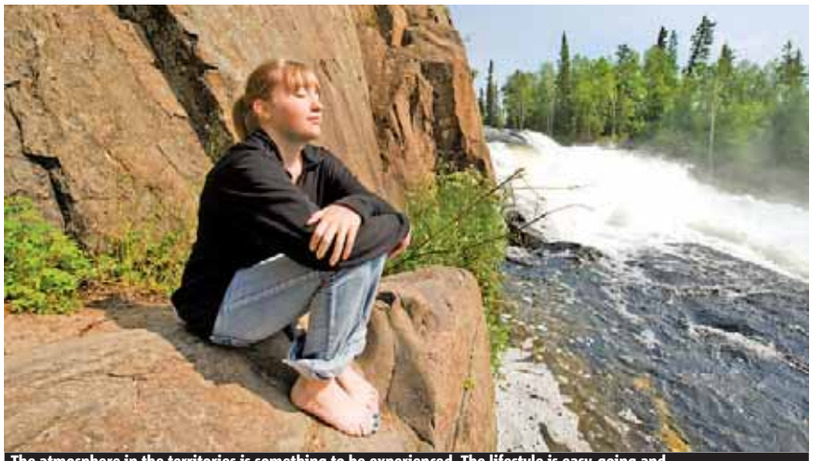
Moving on up in the world of work

Aim higher. Summer jobs and competitive wages calling new grads to the North

LEAH RUEHLICKE
TalentEgg.ca

There's no denying that living up north is likely far away from your home. However, if you're looking for a change of pace and a way to make some big bucks in between school years or following graduation once you have student loans looming over your head, uprooting to the north just might have more benefits than you were anticipating.

Eilish McMahon, a recent Trent University graduate with a Bachelor of Arts, spent two summers living and working up north as an experience summer program co-ordinator for the NWT Council for Persons with Disabilities, and had an easy time pointing out the benefits of that lifestyle.



The atmosphere in the territories is something to be experienced. The lifestyle is easy-going and environmentally-conscious. ISTOCK

"Wages and opportunity are the biggest things," she says. The job she held in Yellowknife would require at least one or two degrees in that field for the same position elsewhere in Canada. She was able to gain valuable and resumé-worthy experience that she might not have been able to get in other parts of Canada. Speaking of which, and speaking to one of the greatest dilemmas faced by students today…

You can be a teacher in the north (right away)

Anyone looking to get into education will definitely find more opportunity in the north than anywhere else. "They are always hiring teachers there," McMahon says. "Period."

Teachers also make more money in the north. The average annual salary for an elementary school teacher in Ontario is around $37,000. Conversely, the salary for the same position in Dawson, Yukon, is more than $42,000.

The lifestyle — and the scenery — is unparalleled

The benefits of living in the north don't end with wages. The place itself is definitely something to be experienced. McMahon says, "Living here was one of the only times I've woken up in the morning and seen the view and thought to myself, 'This is exactly where I want to be.' Everywhere else, I'm like, 'Ugh, what time is it?'"

"I mean, people actually go canoeing on their lunch breaks," McMahon adds. That definitely beats sitting in a stuffy lunch room re-reading the same newspaper you browsed on your way to work.

Whether you're unsure of what to do with yourself post-graduation, looking for a way to pay off some student debt or simply jonesin' for a new (and beneficial) experience, consider spending some time in the territories. It might be 5,086 kilometers away, but this distance may end up being small compared to how far the benefits of this lifestyle can take you.

Oh — there's also the Northern Lights.

Need I say more?

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Boston Marathon bombings

Fan experience sure to change after explosions

CATHAL KELLY
Special to Metro

In one mad instant, someone has fundamentally changed the nature of sports fandom in North America.

There are greater immediate concerns — for those injured or killed on Monday afternoon at the finish line of the Boston Marathon.

But in the days to come the focus will turn to security and our naked vulnerability when we go to a game.

It doesn't matter who did this, whether it was enemies foreign or domestic. From now on, the danger we've only approached tentatively since Sept. 11, 2001 — the understanding that North Americans make the most inviting targets when they are gathered in crowds at sporting events — is fully upon us.

This was about symbolism. They targeted one of the few American sporting events that receive worldwide coverage. It happened on Patriots' Day in a city that has a good claim as the birthplace of the nation. The blasts happened about four hours after the start — which is traditionally when the most competitors are crossing the line.

This will be a different sort of tipping point than 9/11. That was a warning — "They're out to get us." This is a reminder — "They still can."

GO TO METRONEWS.CA/VOICES FOR MORE FROM CATHAL KELLY ON MONDAY'S ATTACKS IN BOSTON.

Toronto Maple Leafs goalie James Reimer covers the goal mouth as New Jersey Devils forward Dainius Zubrus barrels down on him at the Air Canada Centre on Monday night. Reimer stopped all 31 shots he faced in a 2-0 victory. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Reimer red hot in shutout of Devils

NHL. Leafs goalie puts on a show for ACC crowd while Kessel supplies game-winner

James Reimer made 31 saves and Phil Kessel scored on the power play in the third period Monday as the Toronto Maple Leafs defeated the New Jersey Devils 2-0.

Reimer was by far the busier of the two goalies, picking up his third shutout of the season, as the Maple Leafs (24-14-5), continued their push for their first playoff berth since 2004.

He kept his team in the game until Kessel scored the winner with a quick shot that beat New Jersey goalie Martin Brodeur short side at 13:28 of the final period.

Jay McClement scored into an empty net with 36.6 seconds remaining in regulation to seal the win.

Brodeur made 11 saves for the Devils (15-17-10), who entered play 11th in the Eastern Conference and in a battle for their playoff lives a year after making the Stanley Cup final.

On Monday

Maple Leafs	Devils
2	0

New Jersey has now lost 10 in a row (0-6-4), while Toronto has lost just once in regulation in their last 14 (9-1-4).

After a scoreless first two periods that saw little action, Reimer took over the game midway through the third. He stopped Adam Henrique with a great pad save while shorthanded, and after New Jersey's Andy Greene hit the post, the Toronto goalie robbed Patrick Elias from in tight. That brought the previously subdued crowd at Air Canada Centre to its feet.

THE CANADIAN PRESS

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MLB. Red Sox celebrations muted after marathon

The Red Sox and Rays were making their way out of Fenway Park when two explosions near the finish line of the Boston Marathon were heard at the stadium.

The Red Sox beat the Rays 3-2 on an RBI double by Mike Napoli in the ninth inning on Monday in Boston's traditional Patriots' Day morning game.

The game began at 11:05 a.m. and ended at about 10 minutes after 2 p.m. A little less than an hour after that, about a mile away, the explosions from Copley Square could be heard by those in and around Fenway — but not in the clubhouses where the teams were getting ready to leave.

The players seemed unaware of the explosions as they were interviewed by reporters. In the Red Sox room, they dressed in suits and ties for their trip to Cleveland, where they're scheduled to start a three-game series against the Indians on Tuesday night.

A team spokesman sent a text message saying the team had reached the airport.

THE ASSOCIATED PRESS

Red Sox Jonny Gomes, left, and Jacoby Ellsbury look on during the national anthem prior to their game against the Tampa Bay Rays at Fenway Park on Monday. All uniformed team members wore jersey number 42 in honour of Jackie Robinson Day. ALEX TRAUTWIG/GETTY IMAGES

Buehrle settles down for first win as Blue Jay

Blue Jays second baseman Maicer Izturis turns a double play over Alejandro De Aza of the Chicago White Sox on Monday at Rogers Centre. TOM SZCZERBOWSKI/GETTY IMAGES

MLB. Left-handed starter notches victory No. 1 vs. former team

J.P. Arencibia and Maicer Izturis hit homers and Mark Buehrle worked 6 1/3 innings for his first win as a Blue Jay in Toronto's 4-3 win over the Chicago White Sox on Monday night at Rogers Centre.

Arencibia went deep in the first inning off Chicago starter Gavin Floyd (0-3) and Izturis put the Blue Jays ahead to stay an inning later. Aaron Loup gave up a run in the eighth before Casey Janssen picked up his fourth save to help Toronto (6-7) take the opener of the four-game series.

Buehrle (1-0), who spent 12 of his first 13 big-league seasons in Chicago, gave up two runs in the opening inning before settling down. He allowed nine hits, two earned runs, two walks and had three strikeouts.

On Monday

Blue Jays	White Sox
4	3

Paul Konerko and Dayan Viciedo had RBI singles for the White Sox (5-8) in the first but Toronto used its speed and power to pull even in the bottom half of the frame.

Emilio Bonifacio led off with a hard chopper that deflected off Adam Dunn's glove and rolled down the first-base line. He took second base on the play, moved to third on a passed ball and scored on a sacrifice fly from Melky Cabrera.

Arencibia followed with his fourth home run of the season, a solo shot that bounced off the top of the wall in right-centre field.

THE CANADIAN PRESS

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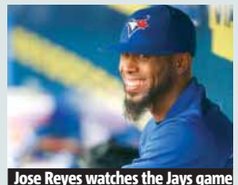
Injury up the middle

No surgery, just time on DL for Reyes

Toronto Blue Jays shortstop Jose Reyes won't need surgery on his sprained left ankle, but is still expected to miss three months, general manager Alex Anthopoulos said.

Reyes visited a specialist in Charlotte, N.C., on Monday who confirmed the diagnosis of a severely sprained ankle. Reyes was injured when he slid awkwardly into second base in Friday's game at Kansas City.

Anthopoulos said Reyes will be in a cast for two weeks and then in a walking boot for an additional two weeks, meaning he won't be ready to begin rehab activity for at least a month. THE CANADIAN PRESS



Jose Reyes watches the Jays game against the Royals on Saturday in Kansas City. GETTY IMAGES

With the season coming to an end, Raptors point guard Kyle Lowry says he and head coach Dwayne Casey have built a solid bond. GETTY IMAGES FILE

Lowry: Bond strong with head coach

NBA. Stumbling blocks have slowed guard's progress in building rapport with Casey

The relationship between NBA point guard and head coach is unique, requiring such a high level of trust and compatibility that it is always in danger of going off the rails.

It is also the kind of relationship that takes time to build, too much time to make this soon-to-end Raptors season anything close to a success.

But Kyle Lowry, seemingly anointed as the team's leader when he arrived in Toronto last July, sees nothing but clear sailing ahead now that he and head coach Dwayne Casey are building a solid bond.

Yes, it took too long but the extenuating circumstances dictated that it did.

Quoted

"I don't think there'll be a drop off or a setback."

Raptors coach Dwayne Casey on his relationship with guard Kyle Lowry heading into next season

Lowry missed almost all of training camp thanks to an injury, he lost his starting job to Jose Calderon when he suffered another injury and by the time he got the No. 1 job back permanently when Calderon was dealt away, it took time to develop that necessary cohesion.

"Coach just kind of told me he's going to let me run the show the last couple of weeks," Lowry said Monday as the Raptors got ready for the final two games of the regular season.

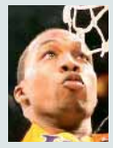
"I've been doing it in the last years, I've had coaches who pretty much let me call the plays, run the offence, and have the confidence in me that I'm going to do the right thing. It took a little bit of time but he's kind of letting me do a lot more now."

Lowry's up and down season — he termed it a "major disappointment" last week — came in part due to an up and down role.

And taking the reins of a team when you're a substitute is difficult to do; Lowry and Casey never had time through the first three months or so of the season to build that relationship.

"There was a stretch there where I wasn't playing as much, I was only playing 15, 16 minutes a game so it was one of those things where I came into keep the lead or maintain (it)," said Lowry. "It definitely set me back, set us back, with that type of relationship; it's definitely taken longer but that's what happens when you have a brand new team pretty much." TORSTAR NEWS SERVICE

NBA



"This is a great opportunity for myself and this team to show who we are.... we've got a chance to win this next game, go into the playoffs and make history."

Los Angeles centre Dwight Howard who insists the Lakers' fun has just begun after Kobe Bryant's season-ending Achilles injury.

Tennis

Raonic notches first clay-court win in a breeze

Canadian Milos Raonic began his French Open run-up with a convincing 6-1, 6-4 defeat of Julien Benneteau on Monday to reach the second round of the Monte Carlo Masters.

Raonic's first clay-court win this season took just 72 minutes.

He will next face Jarkko Nieminen. THE CANADIAN PRESS

NHL

Tambellini fired by Oilers, replaced with MacTavish

The Edmonton Oilers fired general manager Steve Tambellini Monday, saying the window of opportunity is short with their young guns and that Tambellini wasn't getting it done.

Tambellini, in his fifth season as GM, was replaced by former Oiler coach and vice-president Craig MacTavish. THE CANADIAN PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
z-Miami	65	16	.802	—
y-New York	53	28	.654	12
y-Indiana	49	31	.613	15½
x-Brooklyn	48	33	.593	17
x-Atlanta	44	36	.550	20½
x-Chicago	44	37	.543	21
x-Boston	41	39	.513	23½
x-Milwaukee	37	43	.463	27½
Philadelphia	33	48	.407	32
Toronto	32	48	.400	32½
Detroit	29	52	.358	36
Washington	29	52	.358	36
Cleveland	24	57	.296	41
Charlotte	20	61	.247	45
Orlando	20	61	.247	45

WESTERN CONFERENCE

	W	L	Pct	GB
y-Oklahoma City	59	21	.738	—
y-San Antonio	58	22	.725	1
x-Denver	55	25	.688	4
y-L.A. Clippers	54	26	.675	5
x-Memphis	54	26	.675	5
x-Houston	45	35	.563	14
x-Golden State	45	35	.563	14
L.A. Lakers	44	37	.543	15½
Utah	43	38	.531	16½
Dallas	40	40	.500	19
Portland	33	47	.413	26
Minnesota	30	51	.370	29½
Sacramento	28	52	.350	31
New Orleans	27	54	.333	32½
Phoenix	24	56	.300	35

x — clinched playoff berth z — clinched conference
y — clinched division

MONDAY'S RESULTS

Miami 96, Cleveland 95
Charlotte 106, New York 95
Chicago 102, Orlando 84
Brooklyn 106, Washington 101
Detroit 109, Philadelphia 101
Utah 96, Minnesota 80
Memphis at Dallas
Sacramento at Oklahoma City
Denver at Milwaukee
Houston at Phoenix
San Antonio at Golden State

TUESDAY'S GAMES

All Times Eastern

Toronto at Atlanta, 7:30 p.m.
Indiana at Boston, 8 p.m.
Portland at L.A. Clippers, 10:30 p.m.

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
dx-Pittsburgh	42	32	10	0	0	141	102	64
dx-Montreal	41	26	10	3	2	128	100	57
d-Washington	42	23	17	2	0	129	118	48
x-Boston	41	26	11	2	2	116	91	56
Toronto	42	24	13	0	5	130	113	53
Ottawa	41	21	14	2	4	101	89	48
NY Islanders	42	21	16	4	1	119	122	47
NY Rangers	41	21	16	0	4	100	96	46
Winnipeg	42	21	19	0	2	109	123	44
Buffalo	43	18	19	2	4	111	128	42
New Jersey	42	15	17	3	7	96	115	40
Philadelphia	41	17	21	1	2	108	126	37
Tampa Bay	42	17	22	1	2	133	131	37
Carolina	41	17	22	1	1	107	131	36
Florida	41	13	22	5	1	99	142	32

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
dx-Chicago	41	32	5	0	4	134	85	68
dx-Anaheim	42	27	10	2	3	125	105	59
d-Vancouver	41	23	12	1	5	112	100	52
Los Angeles	42	24	14	1	3	120	104	52
San Jose	41	21	13	3	4	102	102	49
St. Louis	41	23	16	1	1	110	104	48
Minnesota	41	22	16	1	2	105	103	47
Detroit	42	20	15	3	4	106	107	47
Dallas	41	21	17	2	1	116	121	45
Columbus	42	19	16	3	4	102	107	45
Phoenix	41	18	16	3	4	110	110	43
Edmonton	41	16	18	4	3	103	115	39
Nashville	43	15	20	2	6	98	118	38
Calgary	41	16	21	1	3	110	141	36
Colorado	42	14	22	4	2	100	131	34

x — clinched playoff berth y — clinched division

MONDAY'S RESULTS

Toronto 2 New Jersey 0
Ottawa at Boston
Philadelphia at Montreal
Dallas at Chicago
Vancouver at Nashville
Columbus at Colorado
Minnesota at Calgary,
San Jose at Phoenix

TUESDAY'S GAMES

All Times Eastern

Florida at NY Islanders, 7 p.m.
Toronto at Washington, 7 p.m.
Carolina at Ottawa, 7:30 p.m.
NY Rangers at Philadelphia, 7:30 p.m.
Vancouver at St. Louis, 8 p.m.
Tampa Bay at Winnipeg, 8 p.m.
Minnesota at Edmonton, 9:30 p.m.
Los Angeles at San Jose, 10:30 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	8	4	.667	—
New York	6	5	.545	1½
Baltimore	6	6	.500	2
Toronto	6	7	.462	2½
Tampa Bay	4	8	.333	4

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	7	5	.583	—
Kansas City	7	5	.583	—
Cleveland	5	6	.455	1½
Chicago	5	8	.385	2½
Minnesota	4	7	.364	2½

WEST DIVISION

	W	L	Pct	GB
Oakland	9	4	.692	—
Texas	8	5	.615	1
Seattle	6	8	.429	3½
Houston	4	8	.333	4½
Los Angeles	4	8	.333	4½

MONDAY'S RESULTS

Boston 3 Tampa Bay 2
Toronto 4 Chicago White Sox 3
L.A. Angels at Minnesota
Houston at Oakland

TUESDAY'S GAMES

All times Eastern

Arizona (McCarthy 0-1) at N.Y. Yankees (Nova 0-1), 7:05 p.m.
Boston (Doubront 0-0) at Cleveland (Jimenez 0-1), 7:05 p.m.
Tampa Bay (Hernandez 0-2) at Baltimore (Arrieta 0-0), 7:05 p.m.
Chicago White Sox (Axelrod 0-1) at Toronto (Johnson 0-1), 7:07 p.m.
L.A. Angels (Vargas 0-1) at Minnesota (Pelfrey 1-1), 8:10 p.m.
Houston (Peacock 1-1) at Oakland (Griffin 2-0), 10:05 p.m.
Detroit (Fister 2-0) at Seattle (Harang 0-0), 10:10 p.m.

NATIONAL LEAGUE

MONDAY'S RESULTS

Cincinnati 4 Philadelphia 2
Washington 10 Miami 3
N.Y. Mets at Colorado, postponed
St. Louis at Pittsburgh
San Diego at L.A. Dodgers

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Horoscopes

♈ Aries
March 21 - April 20
What looks confusing today will look simple tomorrow, so don't get frustrated that you don't seem to be making much progress. Everything is moving along at exactly the speed it needs to move, so relax.

♉ Taurus
April 21 - May 21
It would appear that you are torn between two extremes and unable to decide in which direction to move next. Why not just wait it out?

♊ Gemini
May 22 - June 21
There is a pattern to the events now taking place and if you keep your eyes and ears open today, you should be able to work out what it is. Once you've done that, you'll have a huge advantage over rivals.

♋ Cancer
June 22 - July 23
You may be hugely interested in what a friend is suggesting you do together but pretend you are not that into it. Let them persuade you it's a good idea. Play hard to get.

♌ Leo
July 24 - Aug. 23
You may not want to hurt someone's feelings by revealing damaging information, but you have no choice. If you don't clue them in, they will find out and blame you for keeping it from them.

♍ Virgo
Aug. 24 - Sept. 23
Some people enjoy being victims and one such person will pull out all the stops to make you feel bad for them. Be a Good Samaritan but give your help only where it is genuinely needed.

♎ Libra
Sept. 24 - Oct. 23
You may not want to admit that you made a mistake but it's for the best. Only when you have owned up to some sort of transgression will you get the chance to move on.

♏ Scorpio
Oct. 24 - Nov. 22
Ignore any differences of opinion you may have with a work colleague. It's quite easy to avoid issues that could start an argument. There are plenty of things you agree about.

♐ Sagittarius
Nov. 23 - Dec. 21
You may have opinions about something but are advised not to shout them, at least not in the hearing of people who might take offence. Self-preservation is more important than having your say.

♑ Capricorn
Dec. 22 - Jan. 20
It seems you have made a stand on a point of principle and now there can be no backing out. This is one of those situations when you must go all the way. Others will rally to your cause too.

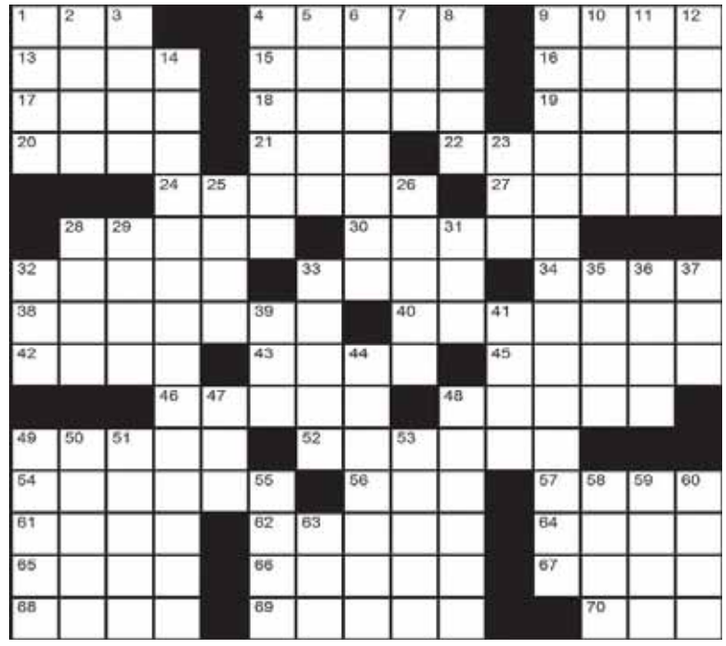
♒ Aquarius
Jan. 21 - Feb. 19
This is going to be a busy day for you, so don't waste time and energy on issues, or on people, that don't move you closer to your long-term goal. Work smarter, not harder.

♓ Pisces
Feb. 20 - March 20
Try not to make it too obvious what you are up to today. If you act a little bit reserved, others will see you in a more serious light. Whether or not that's justified is another matter. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

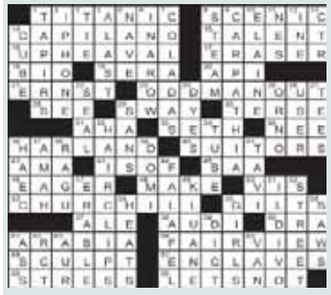
BY KELLY ANN BUCHANAN



Across
1. Mil. installation, as Petawawa or Trenton
4. TV classic, "Green __"
9. Grand event
13. 'Fed' finishers (Stylish hats)
15. Norse goddess of love
16. "_ __ can you..." (American anthem opener)
17. Advanced math course, for short
18. Acting jobs
19. Puerto __
20. __ and terminer
21. __-inspiring
22. Like many treasures
24. Sportswear company
27. Gives food to
28. X-__
30. Use profanities
32. Around, in dates
33. British funny character, Mr. __
34. Canadian country singer Mr. Brownlee
38. Married-to-each-other Canadian actor/comedians, Colin __ and...
40. ...Cont. from #38-Across, Debra __
42. "Let's leave __ __ that."
43. Movie snippet
45. Moves, molasses-style
46. Polls/surveys conductor, __ Reid
48. Models
49. "Melrose __"
52. Harbour structures
54. Give heed
56. River: Spanish
57. Auto race, __ 500
61. Singer/songwriter, India.__
62. Borders on
64. Filmmaker Ms. Ephron
65. __-covered, as unprotected iron
66. 'D' in SYTYCD
67. Chew
68. Use a ruler, for short
69. Ancient looped-crosses of Egypt
70. Carpentry tool

Down
1. Fashion icon Ms. Chanel
2. Skirmish
3. Hay bundle
4. Scared
5. Bunch of people
6. Let go
7. Third __ Blind (Rock band)
8. Belt alternative
9. Spanning the Detroit River, the Ambassador in Windsor is not just a bridge, it's also a what?: 2 wds.
10. Actor's line spoken to the audience
11. Like many running shoes
12. City in France [var. sp.]
14. Some lottery purchases: 2 wds.
23. "___ Tree Falls" by Bruce Cockburn
25. Letter's beginning word...
26. Wetland
28. Unruly disturbance
29. Medieval chest
31. Britannica, e.g.
32. Gladiator's 901
33. Under
35. Smog
36. 'Deterior' suffix (Becomes worse)
37. English novelist Mr. Lawrence, et al.
39. 'Electron' suffix
41. Blunder
44. "Honey, _ __ the Kids" (1989)
47. Baseball great, "__ Wee" Reese
48. Non-poetic writings
49. Shoppers Drug Mart, e.g.
50. John Candy "SCTV" character, Johnny __
51. "Big Brother Canada" host Ms. Cox
53. G's spelled-out follower
55. Zippo
58. Songstress Ms. Hendryx
59. Pencil a scene
60. Two-masted boat
63. Prohibit

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	3	1	9	7	8	4	6	5
8	7	4	3	5	6	9	1	2
6	9	5	4	1	2	7	3	8
9	4	8	1	6	3	2	5	7
7	6	3	5	2	4	1	8	9
5	1	2	7	8	9	3	4	6
3	2	9	8	4	5	6	7	1
1	8	6	2	3	7	5	9	4
4	5	7	6	9	1	8	2	3

8			4		3			
9	4						2	8
	5			8		6		
	9		8	1				7
		8				3		
4				2	5		8	
		9		5			6	
7	1						5	9
			9		8			1

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